Your Kit List / What you need

This Kit List is a suggestion of clothing and equipment that you might need for your adventures

- ☐ Sleeping bag
- ☐ Pillow
- ☐ Wash kit and tooth brush/paste
- ☐ Night clothes
- ☐ 2 pairs of trainers (one pair to will get very wet)
- ☐ Stout walking boots (or similar) covering ankles – for hill walking.
- ☐ Full sets of clothes for each day to include jumpers
- ☐ 2 pairs of socks for each day
- ☐ Warm jacket
- ☐ Waterproof top and bottoms if available
- ☐ Gloves and Hat
- ☐ Sun cream and insect repellant
- ☐ Water bottle
- ☐ Swimming costume and Towel
- ☐ Torch
- ☐ Small rucksack and hold all to put it all in
- ☐ We supply wetsuits where needed but if you have one you can use your own

Please do not bring any electrical gadgets, certainly no computer games or phones, You may want to take a small amount of money on the trip for ice creams but this is certainly not a necessity and certainly no more than £10 is needed.

Medication should be given to the group leader at start of trip by parent/ guardian. If you are unsure about any items please contact the school who will contact us.

Cake



Please bring a cake with you, we eat them at tea time and after activities. If you have cooked the cake please mark the packaging with the ingredients.

What to do next

- ☐ If you have any dietary requirements please let the school know as soon as possible

- ☐ Give the consent form to your parents